



Extroverts Vs. Introverts

Extroversion vs. Introversion - A brief history

- *Refers to 2 different personality types that form a spectrum.*
- *Extroversion and Introversion are the 2 extremes.*
- *The terms were first introduced by Carl Jung (psychologist) in the 20th century.*
- *He said that the terms aren't exact, and no one can be a pure introverts/extrovert*
- *The terms are just guidelines to help you better understand the people around you.*



What are common characteristics of an extrovert?

- Have large social networks
- Enjoy being the center of attention
- Tend to think out loud
- Loves being in large groups
- Gain energy from being around other people
- Like to work in teams and open work settings
- Make quick decisions
- Outgoing, enthusiastic and positive



What are common characteristics of an introverts?



- Prefer spending time in solitude
- Avoid being the center of attention
- Think before they speak
- Value close 1:1 relationships
- Need time alone to recharge and reflect
- Prefer working in a quiet, independent environment
- Deeply focus and think about specific interests
- Can be seen as reserved

TED: “Who are you really? The puzzle of personality” - Brian Little

- Now you are going to watch a TED talk about Extroversion and Introversion.

https://www.youtube.com/watch?v=qYvXk_bqIBk&list=LL&index=65

- Before you watch, we will go through some vocabulary to make some of the ideas easier to understand.
- While watching the video, you will need to answer some questions related to the talk.



Vocabulary: before you watch

1. *Gratuitous (adj): done without good reason - uncalled for*
2. *Catch a glimpse (phrase): to see something for a short time*
3. *Intriguing (adj): fascinating*
4. *Twit (adj): a silly annoying person.*
5. *Conscientiousness (noun): the quality of wishing to do their work/duty well.*
6. *Lackadaisical (adj): lacking enthusiasm and determination - lazy*



Vocabulary: before you watch



7. *Audacious (adj): willingness to take risks - daring*

8. *Idiosyncrasy (noun): a mode of behavior or way of thought specific to an individual*

9. *Misconstrue (verb): interpret an action or words wrongly.*

10. *Seconded (past verb): to send an employee to work somewhere else temporarily*

11. *Torpor (noun): a state of physical or mental inactivity: lethargy*

12. *Arduous (adj): involving or requiring a lot of effort – difficult and tiring*

While you watch:

Answer the following questions:

1. What does the acronym "OCEAN" stand for?
2. What are the "3 Natures" that Brian describes?
3. According to Brian Little, how do introverts and extroverts communicate differently?



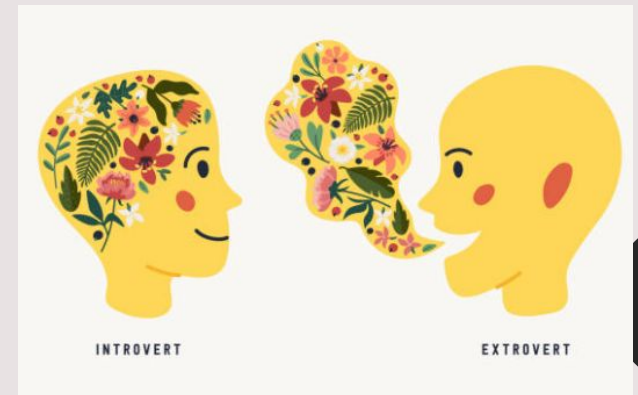
Further Discussion:

1. What did you think of the talk? How much could you relate to what Dr. Little said?
 2. What do you think of the terms “extrovert” and “introvert”? Do we sometimes have misconceptions about people when they say they are more extroverted/introverted?
 3. What are some of the advantages and disadvantages of being an introvert or an extrovert in today's world? Why?
- 

Further Discussion: questionnaire

Answer yes/no to the following questions:

1. Do you prefer spending most of your time with other people?
2. Do you enjoy meeting new people and talking to strangers?
3. Do you enjoy taking risks and trying new things?
4. Do you become anxious or uncomfortable if you are alone for too long?
5. Do you solve problems by talking to other people?
6. Do you spend your free time socializing?



Further Discussion:

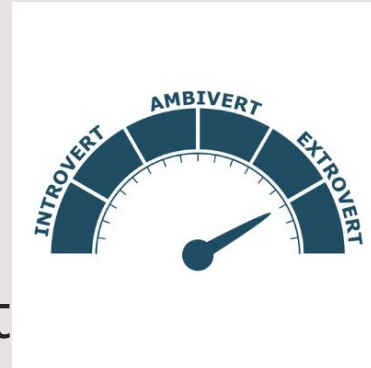
Answer yes/no to the following questions:

7. Do you enjoy spending time alone?
8. Do you sometimes overthink your problems and reminisce about the past?
9. Do you become tired after spending too much time in social settings?
10. Do you spend your free time doing solitary activities?
11. Do you avoid conflict and arguments?
12. Are you a good listener?



Further Discussion:

- If you mostly answered "yes" to questions 1-6, you are more extroverted.
- If you mostly answered "yes" to questions 7-12, you are more introverted?
- Do you agree with the questionnaire?
- Do you think it is possible to be a true introvert or true extrovert? Or do people tend to experience traits from both?



Writing Activity:

- You are going to write a paragraph about introverts and extroverts in the Navy.
- You must include an introduction, your argument, an acknowledgement of the counterargument, and a conclusion.
- You will then send it to be correct and will be given a grade.
- Question: Do you think introverts or extroverts are better suited to join the Navy? Explain your opinion. Give examples?



The End